**Challenge Overview:**

Big World Treks’ experienced mountaineers will lead the group along the Llanberis Path to the summit of Snowdon. On average it takes 3 hours to complete the climb and 2 hours to descend.

There are two ways of funding your place on this challenge. For both options we require a non-refundable registration fee of £30.

**Sponsorship - option 1**

We ask that you aim to raise £150. We will provide support along the way, including sponsorship forms, fundraising games and set you up with your own online fundraising page. £100 of your sponsorship must be paid into the charity before Monday 26th August 2019. The rest of your sponsorship should ideally be received within six weeks of your return.

**Self-funding option 2**

You may prefer to cover all of the trip costs yourself. If you wish to do this, a payment of £70\* will need to be made six weeks before the challenge. This can be done via a card payment over the phone or by posting a cheque to us.

\*Please note that this does not include your registration fee- Total cost £100.

**Included in this challenge:**

* Qualified instructors leading the challenge
* Transport to and from the Royal Liverpool Hospital (optional, we can also meet you there)
* R Charity T-shirt
* Fundraising Pack
* Kit list and training guides
* Light refreshments during the walk
* Glass of champagne on completion of the challenge
* Keepsake medal!

**Food & Drink:**

Participants will need to bring fluids and food for the challenge.

**Schedule for the day:**

|  |  |
| --- | --- |
| 2.00pm | Transport leaves from the Royal |
| 4.30pm | Arrive at Snowdon (Llanberis Train Station) and register |
| 5.00pm | Begin the walk |
| 8.00pm | Reach summit |
| 8.15pm | Guided walk back down |
| 10.00pm  | Bus will depart once everyone has returned and been registered off the mountain. |
| 12.30am | Approximate arrival time back at the Royal |

**Registration Form**

|  |  |
| --- | --- |
| Name  |  |
| DOB & Age  |  |
| Email  |  |
| Home address  |  |
| Mobile  |  |

**Next of Kin or emergency contact**:

Mother:

Email:

Mobile:

**Experience**

**Medical**

**Disclaimer**

I hereby waive any and all claims that may arise from taking part in this challenge I understand the existence of danger and volunteer to take part entirely at my own risk.

I confirm that

• I am aware that the event is strenuous (and potentially dangerous)

• I am not aware of any medical reason why I should not participate.

• I will be 16 years of age or over on the date of the event.

**Signed Date**

(if returning by email please print name as your declaration)

For further information please contact:

Loren Slade

Events Fundraiser

E: loren.slade@rlbuht.nhs.uk

M: 07904818766

**Kit List**

**To carry with you:**

* Snacks (sweets, mini pork pie, baby bell cheese)
* 1lt Water
* Small flask (decaf tea, coffee, hot chocolate or squash)
* Gloves & Hat
* Waterproof jacket and trousers
* Backpack with rain cover/ waterproof lining or bag
* Head torch
* Survival blanket
* Spare Fleece
* Spare laces
* Optional recommended: walking poles

**Kit to wear:**

* Walking boots (not trail shoes or trainers)
* Hiking socks
* Walking trousers (lightweight hiking trousers, not jeans or tracksuit trousers)
* Wick away base layer (not cotton)
* Mid layer (not cotton)
* Windproof jacket